MAY 2025 **P/ID 28712/PCY1C**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. What are the personal and professional boundaries in counselling?

2. What is attribution and systematic framework in counselling?

3. What techniques are used for probing and testing during counselling sessions?

4. What is the significance of object relations theory in understanding human psychology?

5. What are the key concepts of Carl Jung's theory of personality in understanding human behaviour?

6. What are the benefits of integrating various psychotherapy approaches?

7. Highlight the salient aspects of the ethico-legal aspects of counselling.

8. What are the key concepts of Adlerian psychotherapy?

9. How does Stage II of the counselling model differ from Stage I?

10. Provide an overview of existential therapy.

11. Define reality therapy.

12. Define transactional analysis.

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. How do the goals of counselling differ from those of psychotherapy?

14. What is the importance of supervision in the counselling profession?

15. How do counsellors assess and diagnose clients during the counselling process?

16. What are the foundational elements of building a helping relationship in counselling?

17. How does Jungian psychotherapy differ from Freudian psychoanalysis?

18. How does Gestalt therapy facilitate the therapeutic process?

19. What is the difference between Reality Therapy and Choice Therapy?

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. What are some essential personal qualities of an effective counsellor?

21. Provide an example of how cultural differences might influence the counselling relationship.

22. Discuss the salient aspects of attachment theory.

23. Describe the core principles of person-centered therapy.

24. What are some potential limitations or criticisms of Transactional Analysis?

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